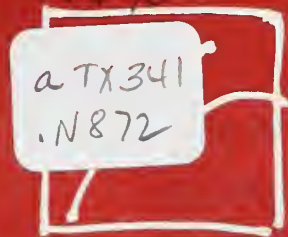


## **Historic, Archive Document**

Do not assume content reflects current  
scientific knowledge, policies, or practices.



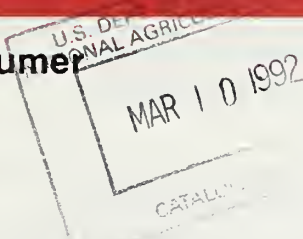


# Nutri - Topics

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Consumer

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## Sensible Nutrition

### Commonsense Nutrition

#### Books (in order by year)

*Eating on the Run.* Evelyn Tribole. Champaign, IL: Leisure Press. In press. 250 pp.

*A Lowfat Lifeline for the 90's: How to Survive in a Fat-Filled World.* Valerie Parker. Lake Oswego, OR: Lowfat Publications. 1990. 288 pp.

*Dr. Jean Mayer's Diet and Nutrition Guide.* Jean Mayer and Jeanne Goldberg. New York, NY: Pharos Books. 1990. 314 pp.

*The Mount Sinai School of Medicine Complete Book of Nutrition.* Victor Herbert and Genell Subak-Sharpe (eds.). New York, NY: St. Martin's Press. 1990. 796 pp.

*The Restaurant Companion.* Hope Warshaw. Chicago, IL: Surrey Books. 1990. 314 pp.

*The Tufts University Guide to Total Nutrition.* Stanley Gershoff with Catherine Whitney. New York, NY: Harper and Row. 1990. 312 pp.

*Personal Nutrition.* Marie Boyle and Eleanor Whitney. St. Paul, MN: West Publishing Company. 1989. 522 pp.

*How to Get Your Kid to Eat . . . But Not Too Much.* Ellyn Satter. Palo Alto, CA: Bull Publishing Company. 1987. 396 pp.

*Jane Brody's Nutrition Book.* Jane Brody. New York, NY: Bantam Books. 1987. 552 pp.

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The resources listed are judged to be accurate, readable, and available. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

## **Booklets/Pamphlets (in order by year)**

*Nutrition and Your Health: Dietary Guidelines for Americans.* 3rd edition. U.S. Department of Agriculture and U.S. Department of Health and Human Services. 1990. 27 pp. Available from Consumer Information Center, Dept. 514-X, Pueblo, CO 81009.

*Ten Tips to Healthy Eating.* 1990. 8 pp. Available from The American Dietetic Association, National Center for Nutrition and Dietetics, 216 West Jackson Boulevard, Chicago, IL 60606-6995. (312) 899-0040.

*Eating Better When Eating Out Using the Dietary Guidelines.* U.S. Department of Agriculture. 1989. 20 pp. Item No. 123-W. Available from Consumer Information Center, Pueblo, CO 81009.

*Good Sources of Nutrients.* 17 Fact Sheets on Vitamins, Minerals and Dietary Fiber. U.S. Department of Agriculture. 1989. Item No. 171-W. Available from Consumer Information Center, Pueblo, CO 81009.

*Making Bag Lunches, Snacks and Desserts Using the Dietary Guidelines.* U.S. Department of Agriculture. 1989. 32 pp. Item No. 124-W. Available from Consumer Information Center, Pueblo, CO 81009.

*Preparing Foods and Planning Menus Using the Dietary Guidelines.* U.S. Department of Agriculture. 1989. 32 pp. Item No. 125-W. Available from Consumer Information Center, Pueblo, CO 81009.

*Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines.* U.S. Department of Agriculture. 1989. 32 pp. Item No. 126-W. Available from Consumer Information Center, Pueblo, CO 81009.

## **Nutrition Misinformation**

### **Books (in order by year)**

*Health Schemes, Scams, and Frauds.* Stephen Barrett and the editors of Consumer Reports. Mount Vernon, NY: Consumers Union. 1990. 245 pp.

*Unconventional Cancer Treatments, Summary.* Congress of the United States, Office of Technology Assessment. 1990. 32 pp. Available from Superintendent of Documents, Government Printing Office, Washington, D.C. 20402-9325

*Popular Nutritional Practices.* Jack Yetiv. New York, NY: Dell Publishing. 1988. 400 pp.

*Real Food, Fake Food and Everything In Between.* Geri Harrington. New York, NY: Macmillan Publishing Company. 1987. 381 pp.

*The New Honest Herbal.* Varro E. Tyler. Philadelphia, PA: George F. Stickley Company. 1987. 254 pp.

### **Booklets/Pamphlets (in order by year)**

*Unproven Methods of Cancer Management: Macrobiotic Diets for the Treatment of Cancer.* 1989. 3 pp. Available from American Cancer Society, 1599 Clifton Road, NE, Atlanta, GA 30329. (404) 320-3333.

*Alphabet Soup: Nutrients from Food and Supplements.* 1987. 12 pp. Available from The American Dietetic Association, National Center for Nutrition and Dietetics, 216 West Jackson Boulevard, Chicago, IL 60606-6995. (312) 899-0040.

*Nutrition Myth-Information.* 1983. 8 pp. Available from National Dairy Council, 6300 North River Road, Rosemont, IL 60018-4233. (312) 696-1860, ext. 220.

### **Journal Articles (in order by year)**

“Nutrition quackery: recent trends and tidbits.” Stephen Barrett. *Nutrition Forum*, 7(4):25-29. July/August 1990.

“Contrary to popular ‘nutritional’ belief . . .” *Tufts University Diet & Nutrition Letter*, 5(11):3-6. January 1988.

“Designer diets.” Joanne Silberner. *U. S. News and World Report*, 104(6):73-85. February 15, 1988.

“Sorting out the sense from the nonsense.” Joanne Silberner. *U. S. News and World Report*, 104(6):86. February 15, 1988.

“Seeking a nutrition counselor? how to tell the pros from the quacks.” Susan Smith. *Environmental Nutrition*, 10(10):1-3. November 1987.



## **Selected Periodicals on Sensible Nutrition**

*Cooking Light*. Southern Living, Inc., P.O. Box C-549, Birmingham, AL 35282-9990. (800) 336-0125.

*Cooking Light Cookbook*. Oxmoor House, P.O. Box 2463, Birmingham, AL 35201. (800) 633-4910.

*Eating Well*. Eating Well Magazine, P.O. Box 1001, Charlotte, VT 05445. (800) 344-3350.

*Environmental Nutrition*. Environmental Nutrition Inc., 2112 Broadway, Suite 200, New York, NY 10023. (212) 362-0424.

*F.D.A. Consumer*. Superintendent of Documents, Washington, DC 20402-9371. (301) 443-3220.

*Mayo Clinic Nutrition Letter*. Mayo Foundation for Medical Education and Research, 200 First St., SW, Rochester, MN 55905. (800) 888-3968.

*Tufts University Diet & Nutrition Letter*. Tufts University Diet & Nutrition Letter, P.O. Box 57857, Boulder, CO 80322-7857. (800) 274-7581, in Colorado (303) 447-9330.

*University of California, Berkeley, Wellness Letter*. Wellness Letter, School of Public Health, University of California, Berkeley, CA 94720. (415) 642-8061.

## **Selected Cookbooks (in order by year)**

*The New American Diet System*. Sonya Connor and William Connor. New York, NY: Simon and Schuster. 1991. 574 pp.

*All-American Low-Fat Meals in Minutes*. M. J. Smith. Minnetonka, MN: DCI Publishing. 1990. 315 pp.

*Cooking Light*. Birmingham, AL: Oxmoor House. 1990. 319 pp.

*The Guiltless Gourmet Goes Ethnic, Italian, French, Mexican, Spanish and Cajun Cuisine for the Health Conscious Cook*. Judy Gillard and Joy Kirkpatrick. Minnetonka, MN: DCI Publishing. 1990. 219 pp.

*The Good-for-Your-Health All-Asian Cookbook*. Marie Wilson. Rutland, VT: C.E. Tuttle. 1989. 360 pp.



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*More Lean and Luscious.* Bobbie Hinman and Millie Snyder. Rocklin, CA: Prima Publishing and Communications. 1988. 461 pp.

*Jane Brody's Good Food Book.* Jane Brody. New York, NY: Bantam Books. 1987. 700pp.

*The Joy of Snacks.* Nancy Cooper. Minnetonka, MN: DCI Publishing. 1987. 269 pp.

*Eat Well, Be Well Cookbook.* Metropolitan Life Insurance Company. New York, NY: Simon and Schuster. 1986. 214 pp.

## Contacts for Assistance

### Local Contacts (listed in the telephone directory)

### Ask for the:

|   |   |
|---|---|
| Cooperative Extension Service . . . . . | Home Economist  |
| Health Department . . . . .             | Nutritionist  |
| Hospital . . . . .                      | Registered Dietitian  |
| Nutrition Consultant . . . . .          | Registered Dietitian or<br>Licensed Dietitian or<br>Licensed Nutritionist |

### National Contacts

American Dietetic Association, National Center for Nutrition and Dietetics, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-4854.

Consumer Health Information Research Institute (CHIRI), 3521 Broadway, Kansas City, MO 64111. (800) 821-6671.

Food and Drug Administration, Office of Consumer Affairs, 5600 Fishers Lane, Room 1663, Rockville, MD 20857. (301) 443-3170.

Food and Nutrition Information Center, National Agricultural Library, Room 304, 10301 Baltimore Blvd., Beltsville, MD 20705-2351. (301) 344-3719.

National Council Against Health Fraud, P.O. Box 1276, Loma Linda, CA 92354. (714) 824-4690.

Penn State Nutrition Center, Ruth Bldg., 417 E. Calder Way, University Park, PA 16801-5663. (814) 865-6323.

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- Martha Taylor, Ph.D., R.D., Assistant Professor, Dept. of Human Nutrition and Food Systems, University of Maryland.
- Evelyn Tribole, M.S., R.D., Consulting Nutritionist and Food and Nutrition Editor, *Shape Magazine*.

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